



Sacred Heart School

Newsletter 25: 24th March 2017

CELEBRATING 100 years of EDUCATION

Service Before Self.

e-mail– info@sacredheartschool.co.uk www.sacredheartschool.co.uk 01760 721330



@SHS_Swaffham



Friends of Sacred Heart School

Saturday 25th March	6.30pm – late. Traditional Ceilidh. Please see PTA information below
Tues 28 th March	7.30pm NarVOS in the Barn Theatre. An illustrated talk by Dr Pam Taylor, on Dragonflies
Weds 29 th March	3.45pm – 6.15pm U14 Hockey v KLA at Lynnsport
Thurs 30 th March	10.00am – 12 noon Little Pedlars Open Morning 2.00pm Whole School Musical Showcase. Parents and friends invited
Fri 31 st March	House Hockey & Football 3.45pm End of Term 7.20pm – 8.05pm Mayor’s Civic Reception – some pupils performing. Mrs Heales’s Hostesses 6.00pm Please note the time change for performers
Mon 24 th April	8.30am Summer Term begins. (Uniform information below) Tennis lessons resume
Fri 28 th April 3.45pm – Sun 30 th April 5.00pm	Duke of Edinburgh Practice
Fri 5 th May	6.30pm Staff and PTA Quiz and Chips Evening

Well done to the following pupils who have reached Star Award milestones:

Silver (50): *Ryan Duarte, Kayleigh Blyth, Jamison Valentine, Leo Williams*

Turquoise (75): *Sophie Restall, Ravon Valentine, Matilda Ahrenfelt, Rosabel Pickard, Grace Whelan*

Well done to the following pupils who have reached Service Award milestones:

Bronze (25): *Tehya Evans, Adrianna Norman, Sam Rock, Verity Yazdian-Tehrani, Harry Spurling, Evie Hemming, Charlotte Pomeroy-Aldridge, Josh Allen,*

Silver (50): *Aurelia Eburne*

Turquoise (75): *Emily Cox*

Well done to the following pupils who have reached Housepoint Award milestones:

Bronze (25): *Elizabeth Napper, Kitty Yazdian-Tehrani*

Silver (50): *Madelaine Goldsmith, Adrianna Norman, Sam Rock, Sonny Harris, Verity Yazdian-Tehrani, Evie Hemming, Charlotte Pomeroy-Aldridge, Aurelia Eburne, Catherine Hazel, Elizabeth Napper, Connie Wildbur, Kitty Yazdian-Tehrani*

Turquoise (75): *Phoebe Cushing, Eric Seyi-Oseni, Lily-Rose Traylor, Tehya Evans, Rebecca Whelan, Olivia Clifton, Evie Hemming, Kitty Yazdian-Tehrani*

Gold (100): *Nicoletta Adamska, Grace Cushing*

Mr Wilkinson came and planted twisted willow with the Little Pedlars in the woods.

We noticed the many shoots on it and how bendy it was. We will measure how much they have grown after Easter. *Mrs Parnham*



The Whole School ‘Rhythm of Life’ Concert will take place at 2.00pm on Thursday 30th March in the gym to show off the musical skills of our pupils. Every child in the School will be performing at some point and it is so important that they have an audience to perform to so we hope to see lots of relatives and guests!

We intend to have refreshments available after the performance as parents wait to pick up their children. The event is free but we would welcome contributions for the music department if you would like to make a donation.

Thank you so much for your support.

Miss Williams

Years 3 to 11 and staff have worked very hard to master the performance during Music making on Monday mornings. There will also be some performances to showcase lessons and the musical talents of those who have peripatetic music lessons will be on display. Apologies for it being during the daytime and we hope that we will have a good audience.

A musical challenge for a teacher, a parent and four pupils from Year 5 upwards (The book is rather wordy!) Actually anyone can take part but I only purchased 7 books entitled 'How to play the Piano' by James Rhodes. The first six people to apply in the above categories will be given the book, everyone else will have to buy their own.

The task is for complete piano **beginners**, or those who gave up after a few weeks, to learn how to play Bach's Prelude No 1 in C major which is 35 bars long. James is challenging everyone to play this in 6 weeks and practising for 45 minutes a day. He has gone live with this challenge and I am sure that all those thwarted piano players, including myself, could have a go. Our challenge for those given the books means a recital in 6 weeks time with all the participants. James says that this will not only have a profound effect on your piano playing but also on your mood. Susan Hallam, Professor of Education reports that learning an instrument improves discipline, self-confidence, focus, problem-solving, language, literacy, maths, and personal well-being. It increases the capacity of your memory, improves time management and organisational skills, enhances co-ordination, decreases stress, enhances your respiratory system, and promotes happiness in your life and that of those around you. (There is an even longer list of talents!) **So who can resist this challenge – first come, first given a book for an efficient way to stimulate the brain.**

Musicians can take part and they are only given the score, but at the recital can show the participants how to play with a real depth of feeling. This should be fun!

Easter 'Good Egg' Holiday Challenge Years 1 - 10. There are a lot of bad eggs in History! Can you make a good egg?! This Easter's holiday challenge is to decorate an egg. The egg can be hard-boiled, made of paper mache or polystyrene. The eggs need to be decorated and transformed into a famous, historical or inspirational person of your choice or a fictional character from a book or a film. You can also put your egg into a box and make a background. Use your imagination! Finally remember to name your egg, write a paragraph about them and why you chose this person. Happy Egging! *Mrs Wilson*



Year 11 to write a paragraph about some character connected to their GCSE work with or without an egg.

Musicians have been invited by Councillor Paul Derby, Mayor of Swaffham to a Civic Celebration.

Volunteers amongst our musicians have been invited and willingly accepted to be the only entertainment for the evening. This is a great honour and I know that pupils from Years 1 – 11 will represent the high quality of music making within the school. Along with Nicholas Hammond Academy pupils have been asked to make canapes for the evening and a group of Years 10 and 11 pupils will be hosts at this event.

Hosts to be at the Assembly Room by 18.00 and musicians by 19.20pm. Pupils may stay after school to practice and supper will be provided by the Sisters.

On Saturday the 18th of March the under 14 netball team competed in a counties tournament in Norwich. We played four games, we won two of them and lost two which made us third in our pool and sixth overall. Thanks goes to Mrs Calvert and Miss Wookey for organising and supporting us in a very enjoyable tournament.



On Wednesday the 22nd of March the under 14 girls hockey team played a match against Downham Market Academy. Unfortunately, we lost 3-1. Well done to Hattie Horton for getting player of the match. Thanks, goes to Mrs Calvert and Miss Wookey for organising and umpiring us in such an enjoyable match. *Madison Hitchcock Sports Prefect*

Little Pedlars Assembly - '@Whoosh!' What an amazing performance by the Little Pedlars. Super counting, dancing, singing and acting. We were all very proud. *Mrs Parnham*

Room on the Broom was certainly an amazing performance by Little Pedlars staff and pupils. The children were so obviously enjoying themselves and spoke up so confidently. Everything was really well orchestrated. I just loved the costumes, and that fantastic new broom. We look forward to their next performance – all stars! Sr Francis



Just a note to remind all parents that putting up photos or videos on social media is not permitted for safeguarding reasons.

The school has set up a closed facebook domain for school photos and videos to be posted. Please use this facility to share your information. Thank you

Non-Uniform Day was supported by the whole school and donations will be made to 'Smile Train.'



The following extract is from this morning's Assembly –

Catherine: Welcome to Sandringham's House Assembly about Charity. The dictionary definition of charity is 'voluntary giving of help, typically in the form of money, to those in need.' This assembly will look at the other aspects of charitable behaviour beyond the giving of money.

Clarissa: Today is Comic Relief, which was launched in 1985 and since then has been an extremely successful initiative. In 2015 the total amount raised hit the 1 billion mark. Comic Relief has been able to create real, lasting change to the lives of individuals, communities and the issues they strive to tackle.

Charlotte: At Sacred Heart we believe although large national charities are successful it is important to support smaller charities who perhaps do not have access to the same marketing opportunities. We feel it is important to research and understand the difference small charities make. Which is why we focus our support in this way. A great example of this is the charity 'Smile Train' that we are supporting today. So thank you for your donations today. I think you will agree that it is very enjoyable and easy for us to wear non-school uniform today.

Aeysha: So to go back to our first point, I would like you to consider other ways that you can contribute to help people change their lives. This morning we have talked about the donation of money but we would like you to consider donating your time and thought to others. The majority of charities raise money for projects that rely heavily on volunteers. This morning I would like you to think of those generous people who give up their time to help others and the small actions you could do.

Madie: Volunteering is great because it benefits you as much as the participants. Our school motto, 'Service before Self' reminds us how important it is to put others before ourselves.

Imogen: Please bow your heads for our prayer... Lord Jesus, open our eyes that we may see you in all our sisters and brothers. Open our minds that we may understand their hopes and dreams, their sorrows and pain, their longing for you.

Open our hearts to give generously of ourselves. Grant us wisdom to respond effectively to the needs of your people with grace and compassion. Give us courage to speak your words of life, peace, love, mercy and human solidarity.

Bless the people whom we serve, and strengthen the staff and volunteers who reach out to them every day in your spirit of Charity.

The Free School Application is having its final check by the Diocese and a Consultant. The DfE seems to have changed its deadline of the end of March to sometime after the Easter holidays. Thanks to the parent group who have also looked at the contents. We would like to give information that is of interest to parents and request questions so that answers may be provided after Easter. Please send in any questions.

The Sainsbury voucher collection is going well with a new total of 1154! Please be nice to the check-out staff who will often add a few extra from the shoppers not saving vouchers and keep them coming in! Thank you

Box Fit, Circuit & Hit Training – Adults Only Class on Wednesdays from 7.00pm – 8.00pm in the gym. If you are interested in joining this small, friendly group phone: 07712 725471 for more information. Sessions cost £4 and will continue through-out the school holidays.

There is an Easter Tennis Camp during the holidays at KES Community Tennis Centre, KES VII Academy in King's Lynn taking place for three days from Monday 10th April until Wednesday 12th April. This is for all age groups from Year 1 to Year 11 at different times during the day. The camp is being run by Jeremy Hodges and Ashley Swift, our coaches from the Sacred Heart and is aimed at children of all abilities. Full details of timings and cost can be found on one of their flyers at reception and also on their website www.kesctc.co.uk. We would love to see as many children from the school attend and get ready for tennis in the summer!
Mr Hodges

Change into summer uniform could be after Easter but **is more likely to be after a couple of weeks into the term** as the weather is very unpredictable. At the latest after half term with the anticipated date of returning to winter uniform after the October half term.

Parking is still an issue with reports of discourteous parents at the back of the school blocking our neighbours' right to leave their roads. It would be good if people could make suggestions to Norfolk planners regarding a one way system up Sporle Road and 20 mile speed limits at the front and rear of the school. It would also be helpful if suggestions could be made that the 'dropping off only zone' outside the back of the school could be reinstated. (Parent power must count for something)

The following vacancies will become available from September 2017:

Catholic Primary Teacher
in Charge of Lower School and Year 6
(approx. 50% teaching)

KS2 Class Teacher

KS3 & 4 Biology Teacher
FTE 0.8 with some Maths teaching included

KS3 & 4 Teacher of Computing (FTE 0.6)
with some KS2 Maths & Science

Closing date: 24th April 2017

Private and Group Keyboard Classes from Years 5 Onwards are being offered by Helga Rose. For more information contact: 07799 515696. Leaflets are available in reception

Nar Valley Ornithological Society (NarVOS)
Tuesday 28th March 2017 at 7.30pm in the Barn Theatre, Sacred Heart School, Swaffham.
Please come along to this illustrated talk by Dr Pam Taylor, on the subject of: Dragonflies
We are delighted to welcome Dr Pam Taylor on her first visit to a NarVOS meeting. Pam is President of the British Dragonfly Society and she is also Norfolk County Recorder for Dragonflies. About 32 species of Dragonflies and Damselflies are found in Norfolk. With such a knowledgeable and enthusiastic speaker as Pam we are bound to have a great evening
Visitors most welcome. Admission £2 on the night if you are not a NarVOS member. For more information about this meeting or NarVOS call Ian Black on 01760 724092.

Sr Francis and Staff